

POWER STRENGTHS CREATIVE CHALLENGE

brainstorm your **POWER** strengths

Brainstorming is a great creativity exercise. Do one brainstorm exercise each day.

When you have finished choose one of your ideas- explain why you think it's the best and then build it into your day.

10 ways that I can improve my ZEST:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Circle the best idea, then explain why you think it's the best below and then work out how you can incorporate it into your day.



10 ways that I can improve my HOPE:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Circle the best idea, then explain why you think it's the best below and then work out how you can incorporate it into your day.

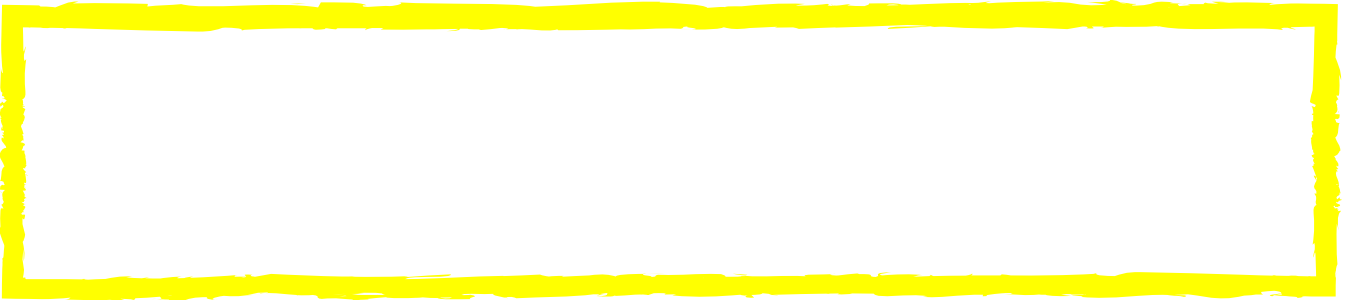


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10 ways that I can improve my **SELF-REGULATION**:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Circle the best idea, then explain why you think it's the best below and then work out how you can incorporate it into your day.



10 ways that I can improve my **CREATIVITY**:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Circle the best idea, then explain why you think it's the best below and then work out how you can incorporate it into your day.



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10 ways that I can improve my BRAVERY:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Circle the best idea, then explain why you think it's the best below and then work out how you can incorporate it into your day.



10 ways that I can improve my PERSEVERANCE:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Circle the best idea, then explain why you think it's the best below and then work out how you can incorporate it into your day.

